



one
violence is never
alone



Provincia di Cremona

RETE
CONTRO LA
SULLE **VIOLENZA**
DONNE



ONE VIOLENCE IS NEVER ALONE
LITTLE GUIDE FOR WOMEN IN TROUBLE



Thanks to all public and private operators who contributed with passion and professionalism to realise the project e the local Network to prevent and fight violence against women.

ONE VIOLENCE IS NEVER ALONE

LITTLE GUIDE FOR WOMEN IN TROUBLE

Over the last few years dozens of women have been received, listened and supported in the province of Cremona; violence against women is considerable and it is strongly increasing also in our territory, as demonstrated by a large number of newspaper stories.

The most stunning data is that, in most cases, violence is done by persons who are close to the victims and familiar to them. In Italy, as well as in Europe, violence done by partners, husbands, boyfriends or fathers is one of the main death causes for 35 years old women.

In the province of Cremona there is a Network aiming at preventing and fighting violence against women, that is formed by local institutions, social and health services, voluntary associations. This Network aims at receiving, listening to, supporting and taking care of women victims of physical, economical, psychological and domestic violence. The Network works respecting privacy and anonymity.

This little guide is inspired by a similar work done by the Association A.I.D.A. onlus of Cremona, as well as, by the experience of the Association "Donne contro la violenza" of Crema and it contains useful instructions for women victims of violence about how to recognize the different kinds and effects of violence. This brochure contains moreover practical suggestions to prepare an eventual escape and information about where to find help and support.



How to recognize the violence

There are many different kinds of violence:

PHYSICAL VIOLENCE

Every kind of violence using the body and against the body, for example: **kicks, punches, bites, slaps, pushes, burns**. This kind of violence includes also **damages against personal property**, for example the destruction of objects and documents.

PSYCHOLOGICAL VIOLENCE

Every kind of violence and lack of respect, for example: **criticism, insults, humiliations and limitation of freedom**, causing **fear, anxiety, loss of self-esteem, blaming oneself, depression, depreciation of the own body, strong feel of shame, fear to speak** about the violence you suffered.

ECONOMICAL VIOLENCE

Every kind of control of the economical autonomy, for example: **blackmailing, economical dependence, prohibition to work.**

SEXUAL HARASSMENT

Every kind of behaviour with sexual background generally taking place in public areas and/or work places. This kind of behaviour is demeaning, humiliating and unpleasant for the victim, for example: **jokes, showing off, dirty phone calls, persistent or blackmailing requests of having sex without consent, touchings.** Even the most trivial attention, if it is repeated without agreement, can become obsessing.

RAPE

Every kind of sexual forcing obtained with **treats, force, violence, blackmailing.**

STALKING

Every kind of behaviour held by an individual towards another person bothering her/him, pressing her/him and causing anxiety and fear up to compromising her/his everyday life, for exemple: **phone calls, shadowing, lying in wait outside your home, or at work, threats, intentional damages of personal property.**

WITNESSING DOMESTIC VIOLENCE

When children, cohabitees, relatives witness a violence, they suffer violence in their turn.

Stereotypes and clichés

There are some ways of thinking that somehow justify violence. Violence is transversal. It is not a dark ennemy, it can be also in our home, in our families, in our relationships.

it is said that Women are more likely to be raped by unknown men...

it is not true Mostly the aggressors are their own partners, “ex” partners or other familiar men: friends, colleagues, neighbours.

it is said that Only frail women become victims of violence...

it is not true Any woman can become victim, but those who do not trust and believe in themselves or are economical dependent (due to their age or their socio-economic/family conditions) are more likely to be victims.

it is said that Rape is caused by provocative attitudes, dressing, make-up or imprudent women's behaviour...

it is not true Violence is never justifiable.

it is said that Violence is spread in poorer classes or culturally and socially disadvantaged persons...

it is not true Violence against women is a transversal phenomenon involving every class and social, economical and cultural status without any difference of ethnic group, religion or age.

it is said that Violence is caused by consumption of alcohol or drugs...

it is not true Aggressors using alcohol, drugs and suffering from psychological disorders are just about 20%.

it is said that Women victims of domestic violence “like” to be beaten, otherwise they would go away from home...

it is not true Fear, psychological dependence, economical dependence, isolation, lack of accommodation, social disapproval, often coming from the own family, are some of the numerous factors that make it hard for women to interrupt the violence.

it is said that Domestic violence is caused by a temporary loss of control...

it is not true The idea of losing the control is not correct because the aggressions are planned and repeated over the time. Aggressors follow their plans considering themselves justified by women's behaviour.

it is said that The problem of violence must be solved in the family...

it is not true It is possible to find a solution by becoming aware of the problem and asking to qualified people for help and support.

it is said that Violence, within certain limits, is acceptable because men are naturally more aggressive...

it is not true Violence is never justifiable. Man's aggressiveness is the will to exercise power and control over the woman.

it is said that A woman has to bear violence in the name of children's love, as children need their father...

it is not true Children grow up serene if they have one well-balanced parent, and not if they have two parents who are always fighting.



Sexual harassments at work place

Sexual harassments at work place

WHICH EFFECTS

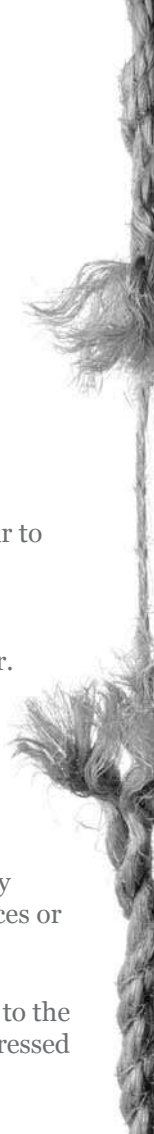
- They undermine right to work and to health.
- They create discrimination.
- They offend personal dignity.
- They undermine self-esteem.
- They obstruct the full integration in working environment.

WHAT NOT TO DO

- Do not think to be responsible of what is happening.
- Do not try to minimize it.
- Do not try to hide the fact.
- Do not be afraid of not being believed or of being derided and do not fear to suffer further ritortions.
- Do not deal with the fight against sexual harassments alone.
- Do not react in such a way that you might risk to be fired.
- Do not react in such a way that you might risk to be sued by the harasser.

WHAT TO DO

- Talk to a colleague you trust in.
- Take notes of every fact, recording the date and the time/hour when it happened and those who were present.
- Write precisely the words he said, the proposals or the threats he usually makes when you are alone or behind a closed door, and the remonstrances or the remarks he made in front of other persons.
- Seek advice from your Trade Union.
- You can address to your Trade Union, to the Centres against violence or to the Listening points situated in your town to receive legal advice or to be addressed to experts.



If you think you are a victim of sexual harassments at work you might address to:

Consigliera Provinciale di Parità

Provincia di Cremona - *Via Dante n. 134* - Cremona

☎ 0372 406514 (by appointment)

✉ consiglieparita@provincia.cremona.it

CGIL - Office Disputes *

Cremona - *Via Mantova n. 25* - ☎ 0372 448626/628

Crema - *Via Carlo Urbino n. 9* - ☎ 0373 86419

Casalmaggiore - *P.zza Garibaldi n. 3* - ☎ 0375 42412

* Attention: ask for “**Ufficio Vertenze**”(Office Disputes).

CISL - Office Disputes

Cremona - *Viale Trento e Trieste n. 54* - ☎ 0372 596811 (switchboard)

☎ 348 1566943

UIL - Office Disputes

Cremona - *Viale Trento e Trieste n. 27/b* - ☎ 0372 26645

Violence cycle within a couple

The violence atmosphere within a couple develops over the years with more frequent and dangerous fights, often caused by trivial reasons. Episodes of violence are often followed by the partner's apologies and remorse. He promises that it will not happen anymore. The woman hopes that the situation will change and she minimizes their tensions, her discomfort and the dangerousness of the situation. As time goes by she is not able to control the increasingly violent partner's behaviour anymore because he is even more violent, even though the woman tries to satisfy his numerous requests.

That is the violence cycle within a couple.

EFFECTS OF VIOLENCE

Women who are victims of violence and abuse react in different ways, but ALL OF THEM know the sorrow deriving from isolation and of social indifference surrounding this phenomenon.

Knowing the effects of violence and abuse helps to fight against them and helps to understand why the victims behave or react in a certain way: denying the problem, withstanding being beaten in the name of "love", thinking that he might change, feeling themselves indispensable, believing to save the family.

Remember: you are not the problem, you have a problem!

HOW TO GET OUT OF VIOLENCE

Steps that help to get out of violence:

- To recognize being in a dangerous situation.
- To be aware that violence is never justifiable.
- To admit your own unease.
- To understand that the victim of violence is never responsible for the suffered abuse.
- To get over fear and embarrassment of being judged.
- To understand that speaking about it is the only way to overcome.
- To apply to the Centres against violence, to the Listening points, to the voluntary organisations, to the local Services or to who may give an help.

HOW TO PROTECT YOURSELF FROM THE VIOLENCE

If you leave home, remember:

- to collect all documents necessary for you and your children: **identity card, driving licence, passport, health card and case histories, qualifications, work book, useful addresses and phone numbers, income tax return, eventual abuse reports and any related medical certificates.**
- If you have a bank account and/or bonds in your name, bring with you **checks, ATM card and deposit receipts/certificates.**

- If you share a bank account or bond with your husband or your partner, **open a new personal bank account and a bonds deposit in your name, in a different bank, moving your part of savings.**
- **To hide in a safe place your personal things and those you care the most.**
- To inform the police that your are leaving home for “security” reasons and, if so, that you are taking your minor children with you. Do not forget to give them **your new address**. This is not a legal action against your partner but it preserves you from being sued because of abduction of minors.

Anyway remember that you are not alone.

In case of **EMERGENCY**, in every moment, you can call:

112 **Carabinieri**

113 **Police**

118 **First Aid**

1522 **National free number against violence**

Centres against violence

Centres Against Violence offer phone listening, interviews, psychological and legal advice, accomodation or escort to local structures, information and orientation about local services.

Their counters are open as follows:

CREMONA

Associazione A.I.D.A onlus

Via Gallarati n. 2 (angolo Via Aselli)

Monday: 17.30 - 19.30; Thursday: 17.30 - 19.30

☎ 0372 30113/801427

☎ 338 9604533 (every day from 8.00 alle 22.00)

✉ aida.onlus@virgilio.it

CREMA

Associazione Donne Contro la Violenza

Via XX Settembre n. 115

Tuesday: 15.30 - 17.30; Saturday: 10.00 - 12.00

(all other days by appointment)

☎ 0373 80999 (answering machine 24 h/24)

✉ assocdonne@alice.it

You may find listening, advice, information also at:

M.I.A. - Sportello/Punto ascolto per donne

Casalmaggiore - *Consorzio Casalasco Servizi Sociali - Via Corsica n. 1*

Wednesday: 17.30-19.30

☎ 377 9489384

✉ gruppomia@gmail.com

Pronto intervento donna - Caritas Diocesana Cremonese

Cremona - *Via Stenico n. 2/b*

☎ 0372 35063 - ☎ 334 1062553 (24h/24)

✉ caritas@diocesidicremona.it

Spazio donna - Associazione Donne Senza Frontiere

Cremona - *Forum Provinciale Cremonese dell'Associazionismo del Volontariato e della Cooperazione Sociale - Via C. Speciano n. 2*

The first and third Wednesday of the month: 10.00-12.00 and 17.00-19.00

☎ 0372 26548 (same days and time)

✉ donesenzafrontiere@gmail.com

ASL Family Advice Bureau (Consultorio Familiare Integrato)

Cremona - *Vicolo Maurino n. 12* - ☎ 0372 497798/791

Crema - *Via Manini n. 21* - ☎ 0373 218223/211

Casalmaggiore - *Via Azzo Porzio n. 73* - ☎ 0375 284161

✉ areaconsultoriale@aslcremona.it

U.C.I.P.E.M. Family Advice Bureau

Cremona - *Via Milano n. 5/c*

Monday-Friday: 9.00-12.00; Monday-Tuesday-Wednesday: 15.00-18.00

☎ 0372 20751

✉ segreteria@ucipemcremona.it

Associazione Insieme per la Famiglia onlus - Diocesan Family Advice Bureau

Crema - *Via Frecavalli n. 16*

Monday: 9.00-12.00; Tuesday-Friday: 14.00-19.00; Saturday: 9.00-12.00

☎ 0373 82723

Kappadue Family Advice Bureau

Crema - *Via della Fiera n. 12*

Monday, Wednesday: 9.30-12.30; Tuesday: 16.00-19.00;

Thursday: 16.00-20.00; Friday: 12.30-16.30

☎ 0373 85536

✉ krikos-kappadue@consorzioarcobaleno.it

If you do not have the health card and you need a free medical examination you can apply to:

Gruppo Articolo 32 Medical clinics

Cremona - *Palazzina dei Servizi alla Persona - 1st floor*

Parco del Vecchio Passeggio, Viale Trento e Trieste n. 35

Tuesday: 9.30-11.00; Friday: 15.00-16.30

Soresina - *Centro Pastorale - Via Genala n. 11*

Thursday: 15.00-16.00

☎ 340 8263741

✉ gruppoarticolo32@gmail.it

If you need a legal advice:

Centro per le famiglie - Sportello legale di consulenza ed orientamento in materia di separazioni e divorzi

Cremona - *Largo Madre Agata Carelli n. 5 (ex via Brescia n. 94)*

☎ 0372 407373/322 (by appointment)

✉ centro.famiglie@comune.cremona.it

Avvocati di strada

Cremona - *Palazzina dei Servizi alla Persona, Parco del Vecchio Passeggio,
Viale Trento e Trieste n. 35*

Monday: 17.00-19.00

☎ 328 5338060

✉ cremona@avvocatodistrada.it

Servizio Orientagiovani di Crema - Sportello di consulenza legale

Wednesday: 15.00-17.00 (by appointment)

☎ 0373 893325/324

✉ orientagiovani@comune.crema.cr.it; parioopportunita@comune.crema.cr.it

If you have **minor children** you may apply to the **ASL Family Advice Bureau** and to the **Services for Children's Protection** situated in the Municipalities and/or in the Social Services Companies.

If you are abused, if you are forced to prostitute yourself and you feel in danger, **call the National Toll-Free Phone Number** against traffic in women and children **800.290.290** available 24 h/24.

In any case, remember that for detailed information about local services and different kind of supports, you may apply to the local services of your town or to the Social Services Company:

POIS - Porta Informativa dei Servizi Sociali

Cremona - C.so Vittorio Emanuele II n. 42

Monday, Tuesday, Thursday and Friday: 8.30-13.30; Wednesday: 8.30-16.30

☎ 0372 407891/881 ✉ pois@comune.cremona.it

Azienda Sociale Cremonese

Cremona - C.so Vittorio Emanuele II n. 42

Monday, Tuesday, Thursday and Friday: 8.30-13.30; Wednesday: 8.30-16.30

☎ 0372 803440 ✉ info@aziendasocialecr.it

PUA - Porta Unica di Accesso/Segretariato Sociale

Crema - Via Manini n. 21

Monday - Friday: 9.00-12.00

☎ 0373 218725 /711

✉ servizi.sociali@comune.crema.cr.it; segreteria@comunitasocialecremasca.it

Consorzio Casalasco Servizi Sociali

Casalmaggiore - Via Corsica n. 1

Monday - Saturday: 9.00-13.00; Tuesday - Thursday 14.00-16.30

☎ 0375 203122 (Ufficio di Piano)

✉ ufficiodipiano@concast.it

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